RISK ASSESSMENT WIZARD



# CYCLING PROFICIENCY LESSONS

Safety Guide

School Education

| 4 | 16 | 19 |
| --- | --- | --- |
| Key Benefits | Control Measures | Checklist Items |

## KEY BENEFITS

### Road Safety

Teaches control, signalling, and hazard perception.

### Confidence

Builds confidence for riding in varied environments.

### Maintenance

Reinforces helmet use and bike maintenance checks.

### Active Travel

Promotes lifelong active travel and road respect.

## KEY HAZARDS & CONTROL MEASURES

### Traffic & Vehicles

- ✔ Routes assessed for traffic volume and speed
- ✔ Instructor positioned to manage traffic
- ✔ Hi-vis clothing worn by all
- ✔ Skills taught progressively before road use

### Falls & Collisions

- ✔ Helmets correctly fitted and worn
- ✔ Bikes checked before each session
- ✔ Appropriate spacing between riders
- ✔ Emergency stop technique taught early

### Equipment Failure

- ✔ M-check completed on all bikes
- ✔ Bikes sized correctly for riders
- ✔ Repair kit carried by instructor
- ✔ Faulty bikes removed from use

### Weather Conditions

- ✔ Weather checked before sessions
- ✔ Sessions cancelled in poor conditions
- ✔ Water breaks in hot weather
- ✔ Wet weather techniques taught

# PRE-SESSION SAFETY CHECKLIST

## Risk Assessment

- [ ] Complete and review risk assessment for this activity
- [ ] Ensure all identified hazards have control measures in place
- [ ] Brief all staff on key risks and emergency procedures

## Bikes

- [ ] M-check done
- [ ] Correct size
- [ ] Brakes working
- [ ] Tyres inflated

## Riders

- [ ] Helmets fitted
- [ ] Hi-vis worn
- [ ] Suitable clothing
- [ ] Medical info known

## Route

- [ ] Route assessed
- [ ] Weather checked
- [ ] Traffic acceptable
- [ ] Hazards briefed

## Supervision

- [ ] Ratios correct
- [ ] First aid carried
- [ ] Emergency contacts
- [ ] Communication plan

RISK ASSESSMENT WIZARD

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